



HRC NEWS & VIEWS

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February 2013

EMPLOYEE OF THE QUARTER IS . .

Congratulations to Lynn Folcik, recipient of the Employee of the Quarter award for January, February and March, 2013!

Lynn is recognized for her demonstration of leadership, creativity, working as a team member and her flexibility and contributions.

The nomination form included the following comments: "Lynn, more often than not, offers family therapy on Saturdays and/or Sundays to meet the needs/schedules of families. She volunteers to provide services when colleagues are gone and she advocates within "the system"

effectively so the needs of youth and families can be addressed. Lynn uses her vast network of contacts to obtain services and necessary items for youth and families. She is very actively involved in the Elks and her church and more often than not, channels money and items from those organizations into HRC to help meet the needs of youth and the program. Overall, Lynn perseveres through life's (and works) terms, creates opportunities for youth to thrive consistently, uses her broad knowledge of addiction and addiction treatment and "walks her talk" with dedication to



helping people live better lives. She does so much behind the scenes."

Keep up the good work, Lynn!



All you need is love. But a little chocolate now and then doesn't hurt.

Charles M. Schulz

(Left) Dr. Judson recently presented Rochelle Dixon with her DHHS Years of Service Award for 15 years.

Congratulations, and thank you Rochelle!

February is . . .

American Heart Month
National Dental Month
Chocolate Lover's Month
National Bird Feeding Month
National Black History Month
Library Lovers Month
International Boost Your Self-Esteem Month
National Therapeutic Recreation Month
National Wise Health Consumer Month

2/1 Wear Red Day
2/1 National Freedom Day
2/2 Groundhog Day
2/3 Superbowl XLVII Sunday
2/4 World Cancer Day
2/12 Fat Tuesday / Mardi Gras
2/14 Valentine's Day
2/14 National Donor Day
2/17 Random Acts of Kindness Day
2/18 Presidents Day Holiday
2/19 Love Your Pet Day
2/19 Single Tasking Day



WHAT'S GOING ON? BY MARJ COLBURN

Scot Adams called on January 15th to tell us that HRC is officially in the Governor's Budget Request for this year. We can be found on page 49 of the request, calling for the renovation of Building #3 for the HJCDP program. The request also includes funding to demolish the vacant buildings and to sell the excess property. It's a short little blurb, but we are definitely in there.

We have hired an additional nurse for the HJCDP program. This is a result of the finalized PRTF standards that call for a nurse to be available during waking hours and on call during sleep hours 24/7. We couldn't pull that kind of a schedule off with Pat and Kelly as our only nurses, so we needed to hire an additional person. Candi Fox started in HJCDP on February 11th. Please welcome her.

To get the most impact from the additional nurse, the nursing schedule was redesigned. All three nurses will be working 10 hour shifts, with two nurses on overlapping shifts during the week when we are the busiest with admissions, programs and passes. One nurse will be working on weekends and holidays. I expect that with three nurses there will be more time for the nurses to be going to programs with the youth, being on the units, getting to know the youth, and taking care of all medical issues.

There is a group working on developing the Required In-Service training for 2013. Plans are just about finalized, so you will be seeing a schedule and hearing about a variety of training taking place on cam-

pus. We are hoping to mix up the schedule with speakers, computer training and reviews of material.

Dr. Zoucha has been working with the Vaccines for Children program to see if HRC could be an administration site. Many of our youth are not current with vaccines that are required to attend school. We have been approved as a program site, and will begin providing free vaccines to the youth as soon as the vaccines arrive. There is a lot of record keeping that goes along with the program, but we should be able to manage that without problem. In the meantime, the Lincoln Regional Center Pharmacy has allowed us to order vaccines through them for the youth. Dr. Judson has been our "transport person" – thanks Dr. J! YRTC-Kearney has also stepped up their efforts to address vaccination needs in their program.

Dr. Zoucha has also been working on the sleep concerns of the youth. New mattresses were ordered, after a small group of youth had a chance to try out some sample ones. The youth are loving the new mattresses, and complaints about not being able to sleep have diminished. New pillows have arrived as well. New beds have been ordered, but they likely won't be here for a couple of months. The youth should be sleeping like babies pretty soon!

Based on the input of staff, Heather is starting a Hand-Off Communication PIGroup. On a regular basis, we do really well in keeping track of the youth, but every once in a while someone gets left on the unit or

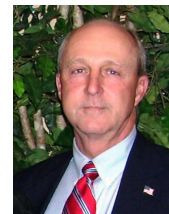
school. There will be updates of where we are in the process of handling this concern, and staff training will occur as appropriate.

State Troopers have again requested to use Building #7 for a training during the summer, so we will be seeing more vehicles on campus. It's always good for the youth to spot a whole parking lot full of State Patrol vehicles when they are heading over to the Chapel!

We are hearing that the Bridges program will be able to move into their new homes sometime in April. They are excited to be getting this opportunity to become community-based.

Terry, Sandra and Shelly continue to try to keep ahead of the furnishings, appliances and all other means of excess on campus. They have been sorting through things as fast as possible and deciding what goes on the "keep" and what goes on the "go" list. As we get closer to demolishing buildings, their workload will go up, but at the rate they are going, they should handle it in stride. They are still managing our supplies as they try to keep ahead of the buildings. Thanks to them for their efforts.





THE START OF A NEW YEAR BY BILL GIBSON

Here we are again at the beginning of a new year. To say I am happy about starting a new year is an understatement. Last year is a year I'd just as soon forget about. I was out sick in 2012 more than I worked. I endured four pretty major surgeries. I am grateful to be alive. There were three times last year while I was sick that I could have died. But thanks to a great surgeon for the last three surgeries, I survived. I am getting my strength back and gaining my weight back. On February 12th, I will have to have another surgery to reverse my colostomy. Hopefully that will be the end of this ordeal. I again want to thank all of you for your letters, cards and emails that I received while I was out.

During the past year, HRC has been busy trying to redesign and develop itself to meet the needs of the youth and the state of Nebraska. To that end, last summer Scot Adams requested a White Paper to share with the governor and others about the options for HRC. After reviewing the options presented, the Governor indicated he would like HRC consolidated into one building, with renovations to the program consistent with those that occurred at Norfolk Regional Center to keep the program operational in the Hastings location. In January, the request for funding to renovate HRC as well as costs for demolition of the vacant buildings on campus was included in the Governor's budget to be considered by the Legislature. After all the work with DAS and architects, HRC will now be in a "waiting" phase until the budget is approved by the Legislature.

Another focus for this year will continue to be on the upcoming Joint Commission survey, due in January 2014. HRC had five deficiencies during the 2011 survey that staff were able to quickly remedy. One had to do with an Initial Treatment Plan when the youth were admitted to the program, and identifying problem areas that would be deferred and not treated during the youths' stay at HRC. There were some concerns with the safety of the weight room equipment – items not bolted to the floor that presented a hazard, equipment in disrepair, and staff competency training for the area. Those problems were resolved shortly after the survey. Marj and others will be working hard towards getting all staff ready for the survey, knowing how to respond to surveyor questions and feeling comfortable with the process. It would be great to hear all of the positive comments made by the 2011 surveyor repeated by the 2014 surveyor.

Previously, I told you that I gained a new appreciation for what it means to be a patient while I was in the hospital last year. I have a new understanding of what it means to be vulnerable. Whenever we go about making changes in how we do things, I hope we keep the youth squarely in focus. They rely on us to take care of them and we need to honor that responsibility.

I mentioned earlier that since July I have had a colostomy. It is not a very pleasant thing but it is not the end of the world either. I started receiving informational newsletters in the mail from manufacturers of ostomy supplies and from support

groups. I somehow got on somebody's mailing list. The newsletters suggested web sites to go to for answers to questions about living with a colostomy. This was something new for me and I had a lot of questions. When I went to the web-sites, I found all kinds of blogs about every conceivable topic you could imagine about living with an ostomy from what to tell people, to what foods to eat, to how to maintain an active lifestyle, etc. From the discussion groups, it became clear to me that while this past year has been difficult for me, there are a lot of people out there that have it worse off. While I had a fistula that required surgery, at least I didn't have cancer that required surgery and chemotherapy or radiation therapy. While I have a colostomy at least I will be able to be reattached unlike someone that has had a complete removal of their colon and/or rectum. That got me to thinking that when you're feeling like life isn't fair; don't forget that it could be worse. There are a lot of people out there that are braver than me when it comes to battling a medical illness. And what does that say about our youth? Think about what they have to endure and help them however you can.

You know, if you all had problems out there, I'd be there a lot more often. The squeaky wheel principle, you know. But since Marj runs the place so well, I don't. In closing, it is good to be back at work. Hopefully, my time away will be brief and I'll be back to normal by the time the weather turns warm, the grass turns green and golf resumes. Wish me luck.

NEWS FROM THE KITCHEN BY MINDY BLAIR

Million Hearts is an initiative that was launched in September 2011 by the U.S. Department of Health and Human Services. This initiative wants to prevent 1 million heart attacks and strokes by the end of 2016. February is National Heart Month, so what better way to celebrate our hearts than to learn how to protect them. One of their goals is to empower Americans to make healthy choices including avoiding tobacco use and reducing the amount of sodium and trans fat in their diets. The second goal they

have is to improve the care for people that do need treatment. These



that people should focus on to help prevent heart attacks and strokes. (Aspirin for people at risk, Blood pressure control, Cholesterol Management, and Smoking cessation) More than likely at some point in

four letters "ABCS" stand for four things

our lives, we have all experienced knowing someone that is/was affected by heart disease. We can help these people by encouraging them to have a physically active lifestyle as well as eating a heart-healthy diet with lots of fruits and vegetables. Remember it's never too late to make a positive change to become a Happier, Healthier You.

MAINTENANCE NEWS BY CHERI DELAY

New paint and cabinets have been installed in the PVC kitchen which really help to spruce up this area. The heating system in the Nebraska Youth Academy and down the center hall on the second floor in Building 3 has been challenging for maintenance staff this month, but they think it is under control at this time. Upgrades will be made to the electrical circuits in the Staff Development break room for the vending machines and the outlets

in the exam room on the main floor for a new freezer and other items that will be kept in this room. Gary has revised the Maintenance Department snow processes, and Jean Luther is finalizing the Snow Plan for the HRC campus to take care of that same old snow that we seem to have to deal with year after year. But remember – the ground hog did not see his shadow so maybe we will have an early spring. It has been reported that

daffodils are already starting to come up. (See photo below for proof!)



NEWS FROM HOUSEKEEPING BY MARY ANN KOCH

Where did January go? It seems like the months go by so fast and then we have a new year! We have had a productive month, accomplishing many projects on our list. Shelley and I scrubbed, waxed and shampooed the love seat in the first



floor break room. Donna and Charlene scrubbed and waxed the large group room #220 and hung different curtains. I talked Maintenance into shutting off the south elevator one morning and scrubbed and got some wax on before lunch arrived. Last but not least we scrubbed and waxed the copy/mail room last week. We are planning on sham-

poing carpet in #007 this week and we will see what else comes up this month. Have a great February!



HEALTHY RESOLUTIONS CLUB BY TONY MARTIN

We have had several people join the Club to make a change in their lives. We are glad to have you join us, and hope that you stay with it. We do our best as a team to encourage you and motivate you to be successful. I will be making up a poster that will be in the Copy Room of building 3 so that you will be able to track your progress. To those of you who are a little shy, please don't be. We are all co-workers trying to be there for each other, so join us at any time! You are always welcome. Since the ground hog announced that we would have an early spring, we will be starting the campus walks soon. So, bring your walking shoes and get ready to stroll the beautiful HRC campus!

WHY SHOULD I EXERCISE?

But I'm happy the way I am. I feel pretty good already. I have good genes. I don't know where to start. I don't have time. I don't like to sweat. OK, I admit, I'm lazy (the *real* reason most of us don't exercise).

There are many reasons why we don't exercise, but why should we?

The evidence is overwhelming. Of all the choices we can make to stay healthy, the decision to exercise regularly may be the most important. An estimated 250,000 deaths each year occur due to lack of regular physical activity.

A Finnish study of about 8,000 sets of twins found that those who walked or jogged for just 30 minutes six or more times a month had a 43 percent lower risk of death than sedentary people.

Consider these reasons to exercise:

- **Exercise reduces the risk of obesity.** 55 percent of American adults need to lose weight. The

American Heart Association placed obesity in the same coronary risk-factor class as smoking, high cholesterol, and high blood pressure. Obese individuals are also at higher risk for cancers of the uterus, kidney, colon, breast, and gallbladder.

- **Exercise, more so than diet, is the key to health and longevity.** This, according to a survey that followed nearly 22,000 men over an average eight-year period. The study, recently published in the American Journal of Clinical Nutrition, found that men who were fit but obese had a lower death rate than those who were unfit but lean. Mortality rates also showed little difference between fit, obese men and fit, lean men. Instead of asking obese patients to diet, the study suggests, it would be better to encourage them to improve fitness by going for three 10-minute walks a day.

Fitness, not weight, is what is really important in health. And that's good news because most people have more control over exercise than they do over their weight, which has a strong genetic component.

Exercise and diet are of equal importance, but if there's only one thing a patient can do, it's better they opt for exercise, because good exercise habits are usually maintained. Diets are not.

- **Exercise can prevent heart disease and stroke.** The heart becomes stronger, blood pressure drops, HDL (good) cholesterol increases, LDL (bad) cholesterol and triglycerides decrease. The

risk for heart attack may drop 20% in regular exercisers.

- **Exercise boosts our immune system, which means fewer infections.**
- **Exercise combats osteoporosis.** Weight-bearing exercises (walking, resistance training, etc.) builds bone density, while couch sitting causes bone breakdown.
- **Exercise helps prevent back pain.** The increased flexibility, balance, and tone promote a good defense against back injuries and provide for faster healing.
- **Exercise releases and relieves stress.** Regular physical activity allows us to manage our life stressors more effectively.
- **Exercise improves our self-esteem.** With improving fitness begin to look and feel better.
- **Exercise helps us manage our blood pressure.** The three most important, non-drug, methods of lowering blood pressure include sodium restriction, weight control and regular aerobic exercise.
- **Exercise improves our mood.** By releasing natural endorphins, our bodies benefit by having more energy and less susceptibility to depression.
- **Exercise may also help ward off Alzheimer's disease.** In one study comprising a group of 370 people, those who did not have Alzheimer's had engaged in significantly more exercise during their lifetimes than people with the disease.

(Continued on page 6)

HEALTHY RESOLUTIONS CLUB CONTINUED BY TONY MARTIN

(Continued from page 5)

- **Exercise helps us sleep better.** As sleep quality improves with fitness we feel more rested with less sleep. This "buys" us some of the time needed for exercise. Pretty good bargain, eh?
- **Exercise improves our diges-**
- **Exercise helps us manage our blood sugars.** Exercise helps to prevent the occurrence of type 2 diabetes and, in those who are already diabetic, some are able to decrease or stop medicines altogether with regular exercise.
- **Exercise improves our circulation.** Fitness may improve skin complexion through the improvement in circulation.
- **Exercise can be fun and relaxing!** Keep it fun and you are more likely to stick with it!

Nike is right...Just Do It!

WHAT LEADERS DO BY JOE TYE, VALUES COACH

One of my favorite definitions of a leader is that of Joel Barker: a leader is a person who takes you to a place that you didn't know you wanted to go.

This implies two essential roles of the leader. The first is identifying that place that you didn't know you wanted to go. Before JFK announced the goal, most of us didn't know that we wanted to land a man on the moon; before Steve Jobs announced the iPad, most of us didn't know that we couldn't live without it.

The second is inspiring people to make the often difficult journey toward that place to which they didn't know they wanted to go. How-

ard Schultz inspired thousands of Starbucks employees to work harder and smarter in one of the most impressive corporate turnarounds in business history—and this will be the biggest challenge facing Meg Whitman in her role as CEO of a struggling Hewlett-Packard.

This is what made Martin Luther King such a great leader. First, he was able to articulate his dream in a way that anyone could relate to it. In his *Letter from a Birmingham Jail*, King laid out his case in a manner that was both highly intellectual and highly emotional, and at places beautifully poetic. In his famous "I have a dream" speech,

he described his dream in a manner that could not but touch the heart of any, but the most hard-hearted. And his words inspired millions of people to make the journey to that place that many of them had not known was a place to which they wanted to go.

Paraphrasing Winston Churchill, Robert Schuller would ask us "What would you do if you knew you could not fail?"

Today is a good day to ask yourself—where would you go if every door were open to you, and what words would you use to inspire yourself and others to make that journey?

RIDDLES TO MAKE YOU THINK SUBMITTED BY PHIL PARKER

The employee who can answer the most correctly will receive a prize. Submit your answers to Corinne Jensen by 2/22/13!

1. How do cows do math?
2. Why is $2+2=5$ like your left foot?
3. Why was the math book sad?
4. What do you call a boy with a dictionary in his pocket?
5. Why did the new boy steal a chair from the classroom?
6. When is a blue school book not a blue school book?
7. Where do New York City kids learn their multiplication tables?
9. What happened when the teacher tied all the kids shoe laces together?
10. What is the worst thing that could happen to a geography teacher?



**TRAVIS HARMS
2012 CONTRABAND AWARD
22 UNAUTHORIZED ITEMS FOUND**



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It is the policy of the Editorial Board to attempt to print any article that does not attack another person. The Editorial Board reserves the right to edit articles for size & content.



THANK YOU!

Thanks to the LRC Pharmacy for supplying vaccines to HRC while waiting for approval to be a Vaccines for Children site.

Thanks also to Dr. Judson for his delivery service!

Thanks to those who donated to the mitten/glove collection for Head Start!



Used black rubber bed liner for Ford short bed truck \$25. Call Kay Evans at ext. 3457 or 3466

"Nearly New" Wooden Oak Filing Cabinet for \$20. Contact Pam Schwabauer 3398 or 402-469-2013.



BLACK HISTORY MONTH BY CAROLYN JOHNSON

It all started 15 years ago with Fay Mullen, Larry Dollison (both deceased), Barbara Smith, Byron Starr, Judy Scriven, Michele Anderson, Jennifer Nicolarsen, Kathy Glantz, Rick Wallace and myself now known as the Hastings African-American Awareness Committee. Our goal as a group, is to bring people together and look at diversity in and around Adams County. Our first program was held at Hastings College, but has since relocated to the Adams County Fairground. Each year we recognize Black History Month with a program featuring a guest speaker who provides knowledge and music for enjoyment.

Some of the former speakers have included: Rick Wallace of Lincoln;

Lee Coffee, Jr., a Buffalo Soldier from San Antonio, TX; Colonel Adams, Tuskegee Airman from Lincoln; Brigadier General Randolph Scott of Omaha speaking on the movie, *Red Tails*; Angeles Bates of Nicodemus, KS spoke on *Stage Coach Annie*; Vicky Troxel Harris, Hayes Spring, NE on *The Black Cowboys in Nebraska*; William Gwaltne of Ingelwood, CO; Kathy Fletcher of Omaha spoke on *Coping with Racism*; Albert Maxey of Omaha, a basketball coach who spoke about Something to Cheer About "Oscar Robinson"; Ruby Washington of Grand Island, NE shared her experience as a foster parent to over 75 children, and Ben Gray, Chairman of Omaha Public School and African American Achievement Council.

No program would be complete without a meal. Past meals have included: turkey, fried chicken, BBQ ribs, ham, fish, hot dogs, brisket, cornbread dressing, macaroni and cheese, gumbo, red beans, collard greens, okra, fried cabbage, rice, cream cheese corn, green beans, frog eye, potatoes, fruit salads, deviled eggs, sweet potato pie, banana pudding, chess and butter milk pie, red velvet cake, coffee, pop and H₂O.

This year's program will be held on Saturday, February 23 at 3:00p.m. at the Adams County Fairgrounds. Guest speaker will be Janice Gilmore of Omaha, featured columnist for the Omaha World Herald.

For more information, contact Carolyn Johnson.